IMPLICATIONS OF CO-OCCURRING DIAGNOSIS of Depression and HIV/AIDS

As of 2015, **OVER HALF** of the 1.6 million individuals with HIV/AIDS (PLWHA) are **AGED 50+**.

More than **1 IN 3** people who are living with an HIV infection have also been **DIAGNOSED WITH MAJOR DEPRESSIVE DISORDER**.

**Source:** Asch SM, Kilbourne AM, Gifford AL, et al. Underdiagnosis of depression in HIV: who are we missing? J Gen Intern Med. 2003;18:450-460


**THE EFFECTS OF DEPRESSION TREATMENT ON HIV TREATMENT**

People starting their first antiretroviral regimen showed that depression **without** antidepressant selective serotonin reuptake inhibitors (SSRI) therapy independently predicted:

- **19% LOWER** chance of at least 90% adherence to antiretroviral therapy (ART)
- **23% LOWER** chance of reaching a viral load below 500 copies/mL after 12 months of ART
- and after 12 months of ART, people with depression and better than 80% SSRI adherence had a **38-CELL** CD4-count advantage over people with depression but not taking an SSRI